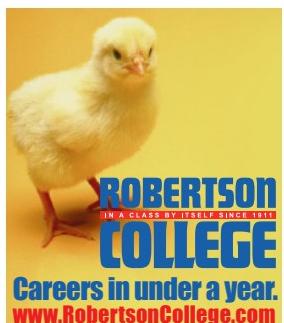


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**Food pg 16**  


Brunch full of flavours

**Business pg 10**

Parity may be new norm

**Celebrity Buzz pg 22**

Divorce papers drawn up  


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Tiger Woods speaks during his press conference yesterday at the Masters golf tournament in Augusta, Ga. Woods used the occasion to acknowledge that he has "acted terribly." Story, page 14.

Golf **Tamed Tiger?**

HARRY HOW/OUTLINE PRESS  
'Be diligent' to limit animal sightings, official says

**KRISTA SYLVESTER**  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**WILDLIFE** Backyard sightings of skunks, coyotes, squirrels, raccoons and birds are on the rise, and the city is reminding Calgarians about close encounters of the animal kind.

Animal and Bylaw Services director Bill Bruce said the city has seen a lot more animal sightings recently because of the warm weather, with coyote activity peaking in and around Tuscan.

"But people can see animals in any neighbourhood where there is green spaces nearby. We're getting a lot of calls and we just need to remind people to be diligent," Bruce said.

"Even ducks and geese and the cute animals, they aren't really something you want in your backyard."

Bruce is warning Calgarians to avoid leaving garbage in the backyard, watch for burrowing areas and not to feed animals.

"I find that reprehensible," Hanger said. "I mean, this man used his authority as a coach and attacked youngsters."

"There is no indication in anything that he has done to place himself into the good graces of the Canadian public. I don't understand the parole board's thinking." THE CANADIAN PRESS

ren Fleury, who played with Kennedy in Calgary, has also lodged a formal complaint about James with police.

Word of the pardon came as a shock to former Calgary MP Art Hanger, a 22-year member of the Calgary Police Service who's also a member of the Canadian Justice Foundation.

"I find that reprehensible," Hanger said. "I mean, this man used his authority as a coach and attacked youngsters."

"There is no indication in anything that he has done to place himself into the good graces of the Canadian public. I don't understand the parole board's thinking." THE CANADIAN PRESS

MORE COVERAGE, PAGE 4

## Pardon spurs review

Conservatives mull tightening rules for sex offenders

The federal government is looking at barring sex criminals from receiving pardons, or at least extending the time they would have to wait before applying.

Public Safety Minister Vic Toews said yesterday the government will seek ways to end "rubber-stamped" applications after learning sex-abusing hockey coach Graham James was pardoned by the National Parole Board.

But those who work with offenders say changing the law because of one rogue case is folly that will do more harm than good.

Barring sex offenders from the pardon process gives them one less reason "to continue trying to live

"I think there needs to be a little more direction given to the (National Parole Board) in terms of what they can consider overall." Public Safety Minister Vic Toews

right," said Andrew McWhinnie, head of Circles of Support and Accountability, an organization that tries to prevent sexual abusers from committing more crimes.

A pardon does not erase a person's criminal record, but can make it easier for an ex-convict to get a job and travel abroad. In the case of sex offenders, a flag remains on the pardoned offender's file, serving as an alert.

Toews said he was sur-

prised to learn that James, a former junior hockey coach, was granted a pardon from the parole board in 2007 for sexual assaults against two teens, including ex-NHLer Sheldon Kennedy.

"I think there needs to be a little more direction given to the board in terms of what they can consider overall, and that these things should not just be rubber-stamped," Toews said yesterday.

Former Flames star Theo-

The city is especially wary of coyotes and asking people to call 311 if there are questions or concerns about animal sightings.

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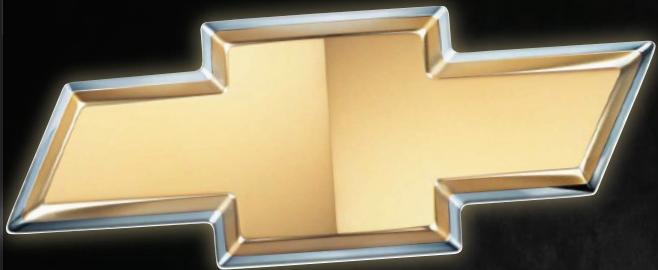
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# Local

Cops remind drivers to watch their speed

**SAFETY** The city is asking motorists to limit their speed this month as warm weather and pedestrian traffic increases while spring sets in.

The Limit Your Speed campaign throughout April is supported by Calgary police and signs and banners will be posted across the city, according to city traffic manager Troy McLeod.

"The campaign is aimed at reminding Calgarians to be aware of their speed and the consequences that are associated with speeding. The fact is that one in every four collisions is a result of speeding," McLeod said.

The city is also installing 14 solar-powered devices in various communities that will tell motorists if they are driving over the limit.

KRISTA SYLVESTER/  
METRO CALGARY

LAURENCE HEINEN  
for Metro Calgary

**Jon Montgomery will never get tired of being asked for his autograph or to pose for pictures with his Olympic gold medal.**

The affable skeleton racer was one of several Olympic and Paralympic athletes on hand for a special tribute at Olympic Plaza yesterday.

"Honestly, I don't think I will ever tire of the reception that I've been getting from kind folks from across the country," said Montgomery, who sped to a gold-medal performance at the 2010 Olympic Winter Games.

In addition to receiving gold rings from the province, the athletes were white-hatted by Mayor Dave Bronconnier. "You see so many other



Jon Montgomery gives a big Calgary wave to the crowd gathered at Olympic Plaza as the province celebrates the achievements of all Albertans during the 2010 Winter games held in Vancouver.

people come through town and get white hats and be recognized for

their efforts," Montgomery said. "I'm proud to say that I think I've

earned my white hat now and I'm happy to wear it."

Having lived in Calgary

for 43 years, Cheryl Bernard was also pleased to be shown such a warm welcome.

"It's the first time I've ever received a white hat, so this means a lot," said Bernard, who skipped her Canadian women's rink to a silver medal.

"It will go up on my wall. It probably won't get worn out."

Being honoured in front of hundreds of screaming fans at Olympic Plaza was a special experience for Kaillie Humphries, a gold medalist in women's bobsled along with Heather Moyse.

"It feels great," Humphries said. "I'm born and raised in Calgary, so it feels extra special definitely to come out in front of my fellow Calgarians and have them cheer."

## Cops search for alleged fraudster

**WANTED** A man who allegedly claimed to be a victim of the Millrise condo fire last month in an effort to defraud his victim is being sought by police.

Acting Staff Sgt. Kristie Verheul alleged Michael David Demers, 34, approached another man in the front of a Shawnessy movie theatre on March 19, claiming to be a victim of the fire the day before that left 300 people homeless.

"He told the victim he lost everything in the fire and persuaded him to cash a cheque at his bank. The victim later learned the cheque was stolen," Verheul said, adding the victim was offered cash for his help.

"It's common for people to use situations where there are real victims and prey on potential victims."

Police are seeking Demers, who also goes by the aliases Michael Carravaggio and Michael David Oosback, on charges of fraud, forgery and possession of stolen property.



David Demers

## Calgary Tweets



@MikeHillyer I do appreciate that the Calgary Airport has free wi-fi, but did they really need to run the service on a 56K modem?

@coolthingsrule Why's the calgary tower flame on?

@amookalina dear calgary radio, if i hear big green tractor one more time, i will weep.

@AYBC Is it just me or do I see more and more women in Calgary embracing the Christian Louboutin booties? Good for you, ladies!

@Tornado The most unfriendly city in Canada is Calgary. It is all about money, white hats and fake smiles. Don't have a lot fancy things move on.

## Meals on Wheels looking to downsize, says new digs too big

KRISTA SYLVESTER  
krista.sylvester@metronews.ca

**"It's not what I expected to hear, but I just hope they can find a successful solution that works for them because they are such an important part of the community."**

Ald. Ric McIver

**CHARITY** Meals on Wheels is looking to trade its new digs for some smaller ones.

The city's community and protective services committee is planning to discuss the sale of the Meals on Wheels property, located at 225 – 58 Ave. SE, tomorrow and Ald. Ric McIver has some questions about the development.

"It's not what I expected

to hear, but I just hope they can find a successful solution that works for them because they are such an important part of the community," McIver said.

Meals on Wheels spokesperson Kathryn Robson said the sale

makes sense for the organization because the building it bought is too big for its needs.

"We needed something bigger at the time, but the market was really tight. Now we have more options and we can sell and get the size we need and

re-invest the money back into the new location," she said.

Robson hopes the sale and a new property can be done within the next month.

"We're hoping for a quick turnaround."

The city invested \$1.5 million into the new location last year and McIver said they will discuss options at committee tomorrow.

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**Video** Wheels of justice turn in Ontario as bikes seized from theft ring make their way to at-risk children at metronews.ca /canada



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### News in brief

**TAMPERING** Police are investigating two more cases of food tampering over the weekend they believe are the work of copy cats. Officials say two stores in the city's southeast were hit, one with metal pins in a bakery item and the other with metal pins in an apple. One incident occurred on Friday and the other yesterday.

**ARRESTED** Police have arrested a man wanted in relation to a physical assault of an 73-

year-old citizen in a mall parking lot and the theft of her car in March. Aaron Robert Varalata, 34, of no fixed address was found early Sunday morning in Banff allegedly in a stolen vehicle. He will remain in custody until a hearing later this week.

**EXHIBIT** On April 11, the TELUS World of Science as Calgary knows it will end and, after a three-week temporary closure, the transition to the new Science Centre will begin

with the unveiling of Dr. Gunther Von Hagens' Body Worlds and the Brain on April 30. The entire new centre will open in the fall of 2011.

**ARSON** The arson unit is now investigating a suspicious fire that forced an evacuation at Chinook Centre on Easter Sunday. The fire was in a non-public hallway but crews had to shut down the sprinkler system and put the flames out, officials said. The investi-

gation is continuing.

METRO CALGARY

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KRISTA SYLVESTER/  
METRO CALGARY

The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations. The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs across the country. **THE CANADIAN PRESS**

# Canada



## Quebec a distinct nation: Duceppe

Bloc Québécois Leader Gilles Duceppe says the days are long gone when Canada could offer a deal like the Meech Lake accord to keep Quebec from becoming sovereign. Duceppe says in an interview with The Canadian Press that Quebec wouldn't be satisfied with being recognized as a distinct society now because it's a distinct nation. The Bloc leader will be taking the pulse of Canadians on the idea of sovereignty during a cross-country tour during the next two weeks.

**THE CANADIAN PRESS**

Whitby, Ont. **Friend's funeral**



Football players stand arm-in-arm as they watch pallbearers carry the casket of football player Mike McDonald, 16, yesterday in Whitby, Ont. McDonald was stabbed to death outside his Oshawa high school during a fight at a bus stop last week. He died in hospital. An 18-year-old fellow student was arrested.

## Jet-setting MPs grounded after budgets rejected

**POLITICS** Federal politicians who've been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on coveted

trips to exotic locales each year, all at the taxpayers' expense — have been rejected.

**THE CANADIAN PRESS**

## Pardon 'so wrong,' says new accuser

**He's not sure which way it will go: The catharsis and focus of righteous anger? Or the black demons of despair and self-doubt?**

As the latest person to come forward claiming sexual abuse as a teen by former junior hockey coach Graham James, he's been instrumental in bringing to light James's controversial 2007 pardon by the National Parole Board.

A lawyer, separated father and longtime volunteer hockey coach, the man was first tipped to the fact James had been pardoned when he made his first tentative approach to police in Winnipeg concerning his own untold story.

He alleges James abused

### Board says...

- A pardon can make it easier for a convict who has turned their life around to get a job and travel abroad. The board says that helps not just the offender, but society.

him when he was a young would-be prospect of a Winnipeg-area junior A hockey team in 1979-80. "When I found that Graham had been pardoned, in many ways it was just so wrong and it gave me an easier target to go at," the man, who does

not yet want to be identified, told The Canadian Press.

"Rather than deal with my demons with Graham, now I have an abundance of anger for the National Parole Board. Whether that's misdirected anger, I don't know."

**THE CANADIAN PRESS**

**How much is an Olympic memory worth? Gold medal memorabilia auctioned off**

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Afghan President Hamid Karzai threatened over the weekend to quit the political process and join the Taliban if he continued to come under outside pressure to reform, several members of parliament said yesterday. Lawmakers dismissed the latest comment as hyperbole. **THE ASSOCIATED PRESS**

**Karzai threatens to join Taliban**

# World



## Athletes' wedding plans under fire

Indian police have questioned former Pakistan cricket captain Shoaib Malik ahead of his marriage to Indian tennis star Sania Mirza, left, about another woman claiming to be his wife. The news of the Malik-Mirza wedding plans sparked instant news coverage in the region because neighbouring Pakistan and India are longtime rivals, and have fought three wars since their independence from Britain in 1947.

**THE ASSOCIATED PRESS**

## Deadly attack follows lull in Pakistani violence

**Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaeda fighters in the region.**

Hours earlier, a suicide bomber killed 45 people and wounded more than 70 at a rally by a secular political party in the northwest that has supported recent Pakistani army offensives in the region close to Afghanistan, where the United States is battling a related insurgency.

The attacks follow a lull in violence since the beginning of the year, illustrating

the militants' resilience.

The multi-pronged strike against the consulate in Peshawar city was the first direct assault on a U.S. mission in the country since 2006. Officials said the four attackers in two vehicles hoped to breach the heavily fortified compound and kill people inside, but they failed to do that and caused only minor damage.

They detonated their first suicide vehicle at a checkpoint some 20 metres from the entrance to the consulate, said Peshawar police chief Liaquat Ali Khan. The second vehicle, which was carrying a

larger amount of explosives, was stopped at another security barrier, he said.

"The driver had no option but to detonate the vehicle right there," said Khan. The second blast killed two militants wearing suicide vests, said Khan.

**THE ASSOCIATED PRESS**



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## Colombia Painful day



Maria Gomez, centre, and Maria Jaramillo, mother and sister of Manuel Jaramillo, cry at the entrance of the morgue in San Luis, Colombia, yesterday. Manuel Jaramillo, 15, was among at least 21 people killed on Sunday, when a bus on the Medellin to Bogota highway left the road and fell down a cliff.

LUIS ROBAYNO/ASSOCIATED PRESS

## 'Miracle' rescue of miners in China

**RESCUE** More than 100 Chinese miners were pulled out alive yesterday after being trapped for over a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped wailing to nearby hospitals. One clapped on his stretcher and reached out his

**"A miracle has finally happened."**

Liu Dezheng,  
rescue spokesman

blackened hands to grasp those of rescuers on either side.

Rescuers in tears hugged each other at the scene, which was broadcast live on national television. The sudden surge in rescues was a rare piece of good news for China's mining industry, the deadliest in the world. A rescue

spokesman said 115 survivors had been pulled out as of yesterday morning.

"A miracle has finally happened," Liu Dezheng told reporters yesterday, after the first nine miners were taken out shortly after midnight. "We believe that more miracles will happen."

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence they could be saved, but did not say whether there had been any contact with them. **THE ASSOCIATED PRESS**

## Twelve dead after deadly explosion in underground West Virginia coal mine

**WEST VIRGINIA** Rescuers converged on a remote coal mine where 12 workers were killed and more were missing deep underground after an explosion rocked the operation that has a history of violations for not properly ventilating highly combustible methane gas, safety officials said.

The blast occurred around 3 p.m. EDT yesterday at Massey Energy Co.'s sprawling Upper Big

Branch mine as nine miners on a vehicle that takes workers in and out of the mine were leaving, said Kevin Stricklin, agency administrator for Coal Mine Safety and Health. Stricklin said a crew ahead of the vehicle felt a blast of air and went back in to find out what happened.

They found the nine workers, seven of whom were killed. Two others were hurt and in the hospital.

tal, officials said. Stricklin said two other nine-person crews and a safety inspector who had been working alone were believed trapped, perhaps about two kilometres underground. Stricklin said officials don't believe a roof collapsed.

It was unclear whether the mine was safe enough for rescuers to enter and look for the trapped men. **THE ASSOCIATED PRESS**

## News in brief

**CALIFORNIA** Inspectors red-tagged nearly 80 per cent of the Calexico, California's historic downtown area yesterday, where roofs were caved in, windows smashed and inventory strewn about after a

deadly Easter earthquake in Mexico.

**NEW YORK** Four people were shot and dozens were arrested yesterday in a stretch of Manhattan near Times Square in mayhem following the city's

auto show, police said. A group of teenagers and young adults ran amok, squaring off against one another and harassing pedestrians along a two-kilometre stretch of midtown. **THE ASSOCIATED PRESS**

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EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

## Harper may say Simon fits GG spot

## National Report



metronews.ca/nationalreport

s the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's

neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about like William Shatner. The post requires experience in politics and public affairs. Among other positions in

her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University, and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec and Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener in-

terest than expected in the native peoples.

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor

general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal for the post in 2005 before settling on Michaëlle Jean, who leaves after a

high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

## Leave us the birds and the bees, please



Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell took out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees ... please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But

their numbers have gone into a tailspin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (*Silence Of The Songbirds*) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by

wood-eating insects will get smaller still if there aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

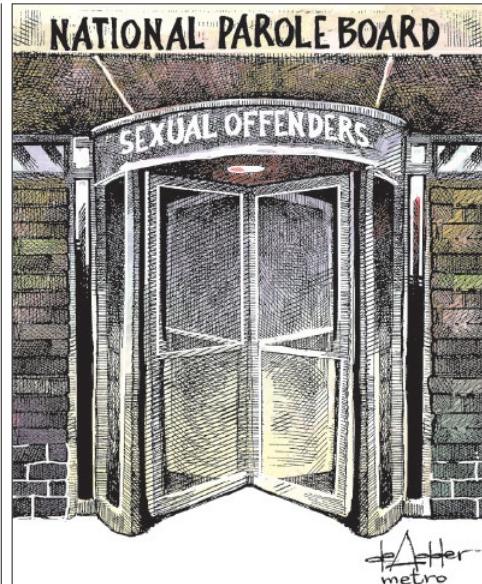
Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees.

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely used pesticides are known bee killers, and it might not be wise to

suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please.) Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.



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**Ontario Teachers pension fund group acquires aluminum container maker**  
An investor group led by the Ontario Teachers' Pension Plan says it has acquired Exal Group, the largest specialty manufacturer of aluminum containers in the world. Terms of the transaction, announced yesterday, were not disclosed. **THE CANADIAN PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Prepare for Loonie's new norm: Analysts

The high-flying loonie renewed its flight towards parity with the American buck yesterday, forcing firms and individuals to adjust to what many believe will become a new normal in the relative value of the two currencies.

Boosted by cycle-high prices for oil and commodities, the loonie soared to within a whisker of parity yesterday, reaching as high as 99.87 cents US before closing at 99.72.

The currency has been flirting with par for more than a month, and economists believe it is now only a matter of time before the psychologically important barrier is breached.

"We're one good num-

**"We're one good number away from seeing the Canadian dollar through parity."**

Avery Shenfeld,  
CIBC chief economist

ber away from seeing the Canadian dollar through parity," said CIBC chief economist Avery Shenfeld.

If it doesn't happen earlier, the trigger may be Friday's employment report for March, particularly if Statistics Canada announces a higher gain than the 25,000 consensus call.

Scotiabank economists

sent a note to clients yesterday predicting the dollar will appreciate "well north of parity over the spring and summer months."

RBC currency analyst Matthew Strauss also believes the loonie could stay above parity for several months, although his view is that it will dip slightly below the greenback later in the year when the U.S. starts hiking interest rates.

Regardless of which side of the line the currency trades at any given time, Strauss said Canadians should get used to a strong loonie — within five cents of parity either way — perhaps for years.

THE CANADIAN PRESS



### London Giving Labour the boot?



**Vote for change**

British Shadow Chancellor George Osborne unveils the Conservative Party's new campaign poster in London, yesterday ahead of the upcoming election. The poster highlights the Conservative's claim that Labour finance plans will crush new businesses through taxation. The Labour party will stamp on the green shoots of recovery if they remain in power, Osborne said.

### Business in brief

**Biomass** A Cape Breton paper mill and Nova Scotia Power Inc. have announced plans to develop a biomass co-generation facility. Nova Scotia Power, a wholly owned subsidiary

of Emera Inc., will spend \$200 million on the 60-megawatt project. That figure includes \$93 million in construction costs for new facilities and \$80 million to buy assets from

NewPage Port Hawkesbury Corp., which operates its mill in nearby Point Tupper.

**Minerals** Agnico-Eagle Mines Ltd. plans to build a larger-than-previous-planned operation at the Meliadine gold project in Nunavut, which the expanding global gold miner hopes to acquire in a \$648-million friendly purchase of

the development's current owner.

#### Wireless Mosaic

Technologies Inc. has reached a five-year patent licensing deal with Japanese electronics giant Sharp Corp., which will get non-exclusive rights to certain wireless communications technology.

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### Apple sells more than 300,000 iPads on debut day

**TECH** Apple Inc. said yesterday that it sold more than 300,000 iPads on its opening day, meeting the expectations of some analysts

class of device that falls somewhere between the phone and computer.

In a research note earlier

yesterday,

Piper Jaffray analyst Gene Munster had doubled his initial forecast of first-day sales to

600,000,

700,000, saying that "lines were longer than expected and supply was also better than expected." But the actual numbers announced by Apple were closer to his original estimates.

THE ASSOCIATED PRESS

### GM to install brake safety measure

**AUTO** General Motors will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012, the company said yesterday.

The announcement comes as U.S. regulators consider making the technology mandatory on new cars and trucks after Toyota's problems with vehicles that can speed out of control. Congress is also exploring the issue after a string of

hearings last month on Toyota's recall of millions of vehicles over gas pedals that get stuck or trapped by floor mats.

THE ASSOCIATED PRESS



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# The Savings Standoff

Making the transition from  
“I can’t do it” to “I can get there”.



**Maria Contreras**

RBC Royal Bank  
Product Manager,  
Savings Accounts

From the day we earn our first dollar, we’re taught the value of saving. But somewhere along the line, the idea of saving money just seems to get harder and harder. By the time we reach adulthood – with all its responsibilities – many of us are convinced it’s *impossible* to save.

What’s stopping you from saving? Like most things in life, the hardest part is simply getting started. And the best way to get started is to establish a finishing line. Know your goal.

Saving money is like exercising. It takes motivation, determination, and an achievable goal. But, like exercise, once you start to see the benefits of your commitment, it feels so good! Visualize your goal. Maybe it’s a new HDTV. Or something bigger: a family vacation to the sunny south. Next, set a date you plan to reach it – six months from now? A year?

But back to that inner voice whispering: “Money’s too tight to save”. Be honest. How much can you realistically put aside every week or two? Twenty-five dollars a week might seem like a lot of money, but you probably won’t miss it – and that can add up to \$1,300 in a year!

So where do you find that elusive \$25?

Start by examining your monthly finances – it’s impossible to make wise saving decisions without taking a good, hard look at your budget – how much you earn vs. how much you spend. This will take time and dedication. Write down all your spending over a three-month period. This includes everything from fixed, ongoing expenditures like rent or mortgage payments, utilities and food, to little things like takeout lunches, movie nights, and your daily coffee fix.

Over time, you’ll see some definite patterns, and chances are there are lots of expendable items that could translate into money in the bank. From there – and this is the toughest part – you need to prioritize. What’s more important, that long-awaited family getaway, or your morning latte on the way to work? The point is, *you can save*. All it takes is a goal. And a healthy dose of dedication.

**Next week: The first rule of saving.**

## SET YOUR GOAL AND GO GET IT!

Serious about saving? Start by asking three questions:

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**How?** How much can you afford to put aside, and how often?

**When?** When do you want to hit your goal date?

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## 12 business

### Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# How to prepare for higher rates

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t’s official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent. Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not, June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to 2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you

didn’t crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index (CPI) keeps increasing. But if your term has a couple of years or more remaining then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.

Fixed or variable the best way to protect yourself is to pay down your mortgage while you have the

most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly and (this is huge) do her own manicures. The \$185 a month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of *Maxed Out* on the W Network. Write to her at [algriffths.alison@gmail.com](mailto:algriffths.alison@gmail.com).

## 5 reasons why you should file a family tax return

Filing a tax return is the key to unlocking the benefits available to your family. This year, keep more of your dollars in your pocket by checking out some of the benefits your family may be eligible for, including:

**1** The Canada Child Tax Benefit (CCTB) — a tax-free monthly benefit for children under 18.

**2** The Universal Child Care Benefit (UCCB) — a taxable, guaranteed benefit of \$100 per month per child up to the age of six.

**3** The Child Disability Benefit — a tax-free benefit for families who care for a child under age 18 with a severe and prolonged impairment in physical or mental functions.

**4** The goods and services tax/harmonized sales tax (GST/HST) credit — a credit that helps individuals and families with modest incomes offset all or part of the GST or HST they pay on most goods and services.

**5** The working income tax benefit — a tax

credit that provides tax relief for eligible working low-income individuals and families who are already in the workforce.

You can find out more at [www.cra.gc.ca/benefits](http://www.cra.gc.ca/benefits), and if you have questions about the CCTB or the UCCB, you can call the Canada Revenue Agency (CRA) at 1-800-387-1193.

To maximize your benefits and make sure your payments are not interrupted, you have to keep the CRA updated on any changes in your address, marital status, the number of children in your care, and your direct deposit information. You can do so by calling 1-800-959-8281.

If you need help filling out your income tax return, you may be able to attend a volunteer-run tax clinic in your area. Go to [www.cra.gc.ca/volunteer](http://www.cra.gc.ca/volunteer) for information and clinic times.

NEWS CANADA

### Your Money in brief

**TAXPAYERS** Canada Revenue Agency’s My Account (at [www.cra.gc.ca/myaccount](http://www.cra.gc.ca/myaccount)) allows a taxpayer to track tax return and refunds; view and apply for child and family benefits; view GST/HST credit payment details; view tax-free sav-

ings account information; set up direct deposits; get your NETFILE access codes; create a payment plan; and more. If you are not registered, Quick Access ([www.cra.gc.ca/quick-access](http://www.cra.gc.ca/quick-access)) gives you some of the information.

NEWS CANADA



Opening-day baseball salaries grew despite the recession, although at a slower rate than in recent years. The average salary went up 1.8 per cent to \$3.3 million US at the start of season, according to an analysis of rosters by The Associated Press. The increase was the lowest since a 2.7 per cent drop in 2004. THE ASSOCIATED PRESS

**Salary growth slows in baseball**

# Sports



## Pippen, Malone headed to Hall

Karl Malone, Scottie Pippen, left, and two of the best U.S. Olympic teams were selected yesterday as part of the Naismith Memorial Basketball Hall of Fame's Class of 2010. The 1960 and 1992 U.S. Olympic teams, which both won Olympic gold medals, will be part of the induction ceremony on Aug. 13.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOUILL@METRONEWS.CA



Jon Scheyer of the Duke Blue Devils reacts in the second half while taking on the Butler Bulldogs yesterday.

### Duke edges Butler for title

**NCAA** Duke won its fourth national championship last night, forcing Butler's Gordon Hayward to miss with four seconds left to hold off the Bulldogs 61-59 and end the tiny school's run at the title.

Kyle Singler had 19 points for the Blue Devils and Brian Zoubek rebounded Hayward's miss and hit one free throw with 3.6 seconds left to give Duke a two-point lead, ending Butler's try for a Hoosiers sequel one win short of the Hollywood ending.

The Blue Devils (35-5) snapped Butler's 25-game winning streak and brought the long-awaited fourth national title back home to Carolina and the Cameron Crazies.

The "Big Three" — Singler, Jon Scheyer and

Nolan Smith — won the Big One for coach Mike Krzyzewski, his first championship since 2001 and the fourth overall, tying Coach K with Adolph Rupp for second place on the all-time list.

Butler (33-5) shaved a five-point deficit to one and had a chance to win it, when its best player, Hayward, took the ball at the top of the key, spun and worked his way to the baseline, but was forced to put up an off-balance fadeaway from 15 feet.

He missed, Zoubek got the rebound and made the first of two free throws. He missed the second one intentionally, and Duke's title wasn't secure until Hayward's desperation heave bounded out.

THE ASSOCIATED PRESS



Craig Heatley, chairman of the Masters media committee, sits alongside Tiger Woods as he addresses reporters yesterday at the Masters.

## Sports in brief

**BASEBALL** Red Sox ace Josh Beckett agreed to a \$68-million US, four-year contract extension through the 2014 season, solidifying one of baseball's best rotations. Beckett gets a \$5-million signing bonus, payable when the contract is approved by the commissioner's office, and annual salaries of \$15.75 million.

**SOCCER** Newcastle clinched a return to the Premier League when Nottingham Forest was held to a 0-0 tie at home by Cardiff yesterday, guaranteeing the Magpies a top-two finish in the second-tier League Championship. Newcastle (26-4-11) has 89 points following a 2-1 victory over Sheffield United, six more than West Bromwich Albion (24-7-11), which tied 1-1 at Watford.

**CURLING** Canada's Kevin Koe continued his hot start at the Capital One World Men's Curling championship. The Edmonton skip defeated host Italy 7-5 and Sweden 8-4 to improve to 5-0. Canada and Scotland, which is also 5-0, will square off in the morning draw today.

**BASKETBALL** Toronto Raptors forward Chris Bosh was named the NBA's Eastern Conference player of the week for the seventh time in his career yesterday, tying Vince Carter for the most in team history. Bosh averaged 31.5 points, 11.5 rebounds, shot .594 (41-for-69) from the field and .846 (44-for-52) from the free-throw line in leading the Raptors to a 3-1 mark.

**BASEBALL** Cliff Lee had planned to play long toss Friday as part of his recovery from a strained abdominal muscle. He's feeling so good, he will throw a regular bullpen session instead. That's big news for the Seattle Mariners, who can't wait to get their new ace on the mound in a game that counts at last.

METRO NEWS SERVICES

## SCOREBOARD

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#### YESTERDAY'S RESULTS

Washington 3 Boston 2 (OT)  
Columbus at St. Louis  
Minnesota at Edmonton

### MLB

#### YESTERDAY'S AL RESULTS

Texas 5 Toronto 4  
Chicago White Sox 6 Cleveland 0  
Detroit 8 Kansas City 4  
Minnesota at L.A. Angels  
Seattle at Oakland

#### YESTERDAY'S NL RESULTS

Philadelphia 11 Washington 1  
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St. Louis 11 Cincinnati 6  
Pittsburgh 11 L.A. Dodgers 3  
Colorado 5 Milwaukee 3  
Atlanta 16 Chicago Cubs 3  
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San Francisco 5 Houston 2

### NCAA

#### YESTERDAY'S MEN'S BASKETBALL FINAL

Duke 61 Butler 59

## 'I need to be a better man than I was': Tiger Golfer faces media, discusses bad behaviour

**Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.**

In his first unrestricted meeting with the media, the star golfer said his fall from grace, like the death of his father and the birth of his children, had shown him what really matters.

"It's not about the championships, it's about how you live your life," he told a news conference at the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before."

"Just because I've gone through treatment doesn't mean it stops."

Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Because look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was."

Now that's been stripped all away and here I am and it feels fun again."

Woods also revealed he had five stitches in his mouth after the infamous Thanksgiving night car crash that exposed details of his sordid private life.

"I acted terribly, poorly, made just incredibly bad decisions, decisions that have hurt so many people close to me," he said.

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

THE ASSOCIATED PRESS



Did you know other golfers are in the Masters? Like the patiently preparing Mike Weir

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**Seahawks trade Sims to Lions**

The Seattle Seahawks have traded guard Rob Sims to the Detroit Lions for defensive end Robert Henderson. The deal was announced by the Seahawks yesterday. **THE ASSOCIATED PRESS**

# Many memories from opening day

**Albert Pujols launched two home runs, Roy Halladay looked every bit an ace and Barack Obama pulled out a White Sox hat to make his presidential pitch.**

Still, no one had a bigger blast on opening day than Jason Heyward.

Billed as the majors' next phenom, this Braves prospect bridged baseball's past and future yesterday when he caught the ceremonial first ball from Hank Aaron.

Then with the Atlanta crowd chanting his name, the 20-year-old Heyward mashed a three-run homer on his first swing in the big leagues.

"I felt my legs, but I couldn't hear myself think," he said. "I think I'll remember that the most ... how loud it was."

Nice job, rook.

Mark McGwire made a more quiet return.

Back in baseball after admitting he took steroids, Big Mac drew little reaction in Cincinnati when he was introduced as the new



Jason Heyward of the Atlanta Braves hits a three-run home run against the Chicago Cubs during opening day at Turner Field in Atlanta, Ga., yesterday.

hitting coach for the St. Louis Cardinals.

In New York, there were a few boos.

After seeing their club crippled by injuries last season, Mets fans heckled — of all people — the

team trainers. Tough crowd!

Cubs manager Lou Piniella didn't seem real pleased, either, when the umpires' call went against him on a dropped fly ball. After a post-season dotted

with missed calls, there are sure to be more shouts this year for extra instant replay.

A day after Boston beat the World Series champion New York Yankees in the major league opener,

most everyone else swung into action.

On a huge sports day in America — the NCAA men's basketball championship game, the Tiger Woods news conference — baseball delivered a full first day.

There were 13 games on the schedule, plus a bid for history.

Toronto pitcher Shaun Marcum took a no-hitter into the seventh inning at Texas before it got broken up. His effort was even more remarkable because he missed the entire 2009 season with elbow trouble.

Too bad for the Blue Jays, they were beaten in the bottom of the ninth inning.

Toronto lost 5-4 to the Rangers as Texas rallied for the win on Jarrod Saltalamacchia's RBI single in the bottom of the ninth.

"What a way to start the season," Toronto manager Cito Gaston lamented.

"We start with almost a no-hitter and it leads to a loss."

**THE ASSOCIATED PRESS**

**Bruins fall to Capitals in overtime**

**NHL RESULT**

**Boston 2 Washington 3 (OT)**



**VS**



**NHL** Brooks Laich's power-play goal 44 seconds into overtime gave the Washington Capitals a 3-2 win over the Boston Bruins last night.

The Bruins gained a point and moved into seventh place in the Eastern Conference with 85 points. Montreal is sixth with 86 points and Philadelphia is in eighth place with 84 points.

Toronto lost 5-4 to the Rangers as Texas rallied for the win on Jarrod Saltalamacchia's RBI single in the bottom of the ninth.

"What a way to start the season," Toronto manager Cito Gaston lamented.

"We start with almost a no-hitter and it leads to a loss."

The Capitals played their first game as winners of the Presidents' Trophy for most points in the league. They clinched home-ice advantage throughout the playoffs on Sunday night when San Jose lost in overtime to Colorado.

**THE ASSOCIATED PRESS**

## This week key to Raptors' playoff hopes

**NBA** Saddled with one of the youngest rosters in the NBA, the Toronto Raptors spent the first 76 games of the season absorbing their share of tough lessons.

The next three games will go a long way in determining whether the growing pains were worth it.

The Raptors (38-38) are clinging to the eighth and final playoff spot in the East as they embark on their toughest stretch of the year, facing three of the top four teams in their conference. It all begins tonight against the NBA-leading Cleveland Cavaliers (60-17).

Toronto hosts the Boston Celtics (48-28) a night later before hitting the road Friday to take on the Atlanta Hawks (49-27). The Raptors conclude their gruelling

**Tiebreaker**

- Toronto owns the eighth-place tiebreaker over the Bulls, and a win Sunday over Chicago would put the Raptors in firm control of their fate ahead of two winnable games to close out the campaign.

week Sunday with a home game against the Chicago Bulls (37-39), who sit just one game behind them for eighth in the East.

Knowing that things were about to get a whole lot tougher, the Raptors hoped they could use last week's easier schedule to build some momentum. But after wins over the L.A. Clippers and Philadelphia 76ers, Toronto fell behind by as

many as 16 points to Golden State Sunday and came up short after Chris Bosh missed the potential game-winning shot at the buzzer.

Toronto point guard Jarrett Jack said the team missed out on a chance to build a confidence-boosting winning streak entering today's game against the powerhouse Cavaliers.

"It just shows that if we picked up that intensity that we played with 45 seconds earlier, or a minute earlier, it wouldn't have come down to us trying to make a heroic shot at the buzzer," Jack said following the game.

"Maybe we walk away winning this game and everybody is happy instead of being mad."

**THE CANADIAN PRESS**



Toronto Raptors forward Chris Bosh reacts after missing a last second shot in the Raptors' 113-112 loss to the Golden State Warriors on Sunday in Toronto.

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This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. **THE ASSOCIATED PRESS**

# Food



## Tried and true recipes

Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of *For The Love of Salad* (Whitecap, paperback, \$19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Spring into brunch classics

Welcome the season with a fresh open faced omelette and tomato salad



Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.  
Right: Honey Pear and Almond Cake.

### Spring has sprung! And, for once, it's even come a little early.

Celebrate the warming weather and budding blossoms with a spring brunch full of bright, fresh flavours. Invite a few friends over, pour the mimosas (champagne mixed with freshly squeezed orange juice and a splash of curaçao), sit back and enjoy. Heck, you may even be able to throw open the windows.

An omelette is a brunch classic, and nothing says spring more than fresh eggs. This Open-Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese has a wonderful variety of flavours, including the mild creaminess of the Fontina, and the earthiness of the Swiss chard. Swiss chard tends to be underappreciated, but it's full of vitamins and a great source of dietary fibre. Best of all, its stems come in a variety of colours, and you can use them interchangeably.

A simple Fresh Tomato Salad is a beautiful pairing for the omelette, and is ready in a flash.

And because no brunch spread is complete without

a little sweet, try this incredibly easy (and unbelievably delicious) Honey, Pear and Almond Cake. Complete the spread with some fresh bread, a variety of fruit and freshly brewed coffee.

- CHRISTY PENGILLY

### Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

RECIPE DEVELOPER: PAULA BOWMAN

#### INGREDIENTS:

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about 1/4 cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4-5 basil leaves, torn

#### METHOD:

1. Preheat broiler to high.
2. In a medium bowl,

lightly whisk eggs, milk, salt and pepper and set aside.

3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.

4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.

5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is set, about 3-4 minutes. Cut



Fresh Tomato Salad.

into wedges and serve immediately.

### Fresh Tomato Salad

SERVES 4

PREP TIME: 15 MINUTES

SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

#### INGREDIENTS:

- 1 bosc pear, cored, peeled and thinly sliced
- 2 Tbsp honey (or sugar)
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg (fresh grated if possible)
- 1 Tbsp butter
- 1/2 package white cake mix
- 1/4 cup ground almonds
- 1/2 cup applesauce
- 1/3 cup vegetable oil
- 1/2 cup water
- 1 egg
- 2 Tbsp toasted slivered almonds

#### METHOD:

1. Preheat oven to 350°F.
2. Heat butter in a small nonstick pan over medium-high heat. Add honey and pear slices. Sprinkle with cinnamon and nutmeg. Cook for 5 minutes and remove from heat.

3. While pears cook, whisk together cake mix and ground almonds into a bowl. Add all remaining ingredients except slivered almonds and mix until just combined. Empty into a 8-inch round cake pan sprayed with cooking spray.

4. Arrange cooked pears in concentric circles starting from the middle.

5. Sprinkle with slivered almonds.

6. Bake in a 8" round baking pan for 45-50 minutes at 350°F.

Visit [20minutesupperclub.com/metro](http://20minutesupperclub.com/metro) to find these and many more delicious ways to welcome spring.

### Honey Pear and Almond Cake

SERVES 4 TO 6

PREP TIME: 10 MINUTES

COOKING TIME: 40 MINUTES

SUBMITTED BY JANICE CHOI, TORONTO, ON; TESTED BY CHRISTY PENGILLY

**LiquidAssets**

Peter Rockwell

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

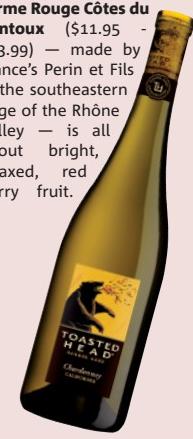
## Season sippers

**W**inter has its advantages. When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** (\$16.99 - \$17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.

Warming temperatures match best with lighter reds and the **2008 La Vieille Ferme Rouge Côtes du Ventoux** (\$11.95 - \$13.99) — made by France's Perin et Fils at the southeastern edge of the Rhône Valley — is all about bright, relaxed, red berry fruit.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## How to start training like a Titan

**Extreme Fitness**, a fitness club chain in Toronto, and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakou has come up with a sequence kick-butt moves to do just that.

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."



Step 1:

Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

**Step 2:** Slightly bend your arms, causing you to bring your upper body

down and forward. You want to remain having a flat back as you skim your torso across the floor.

**Step 3:** Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

### THE TITAN SQUAT

**Step 1:** Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

**Step 2:** From the basic squat position, jump up as

high as you can while making a 180 degrees switch of position in the air.

**Step 3:** After completing a 180 degree jump, you want to land in the same squat position as in step 1.

### THE TITAN LUNG

**Step 1:** Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

**Step 2:** From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

**Step 3:** Finish your Titan Lunge in a basic lunge position.

### THE TITAN SPRawl

**Step 1:** Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

**Step 2:** From the position in

step one, use your arms to help elevate you as you jump from your knees to your feet.

**Step 3:** Land your jump from your knees onto your feet. You want to land

in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

**Step 4:** Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as your feet from step 3 are on the ground.

**Step 5:** As you land your jump, bend over and place your hands on the ground shoulder width apart.

**Step 6:** Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.



Step 1 of the Titan Sprawl.

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In 2009, the YWCA turned away 778 women from its housing program due to a lack of funds and resources.



## Staying fit will improve your sex life

### The J Spot

**Josey Vogels**

[metronews.ca/thejspot](http://metronews.ca/thejspot)

key so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent

more often. That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise.

For women, regular exercise keeps your genitalia nice and fit. Like other muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping ... everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body.

Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it at an increased rate for 20 minutes, two or three times a week.

So if you can't afford a gym membership...

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Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).





**Beckham fashion headed to Russia**  
Victoria Beckham is expanding her fashion empire into Russia. She has secured a distribution deal with one of the country's top department stores. Her lines of denim jeans and sunglasses will be sold at Tsum. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Any colour you like

Director Vic Sarin sheds light on *A Shine of Rainbows*

**KUMAR SAHA**  
Metro Canada

Vic Sarin's *A Shine of Rainbows* — in theatres Friday — is an apt title for a film soaked in primary colours, and well, rainbows. But it could also be a fitting way to sum up the veteran Canadian director's philosophy of filmmaking.

Over the years, Sarin has worked the whole spectrum of cinematic subjects, including the Genie-nominated thriller *Cold Comfort*, documentaries like *Dig Those Diggers* and *The Gurkhas* of Nepal, and 2007's period drama *Partition* — also his first self-penned screenplay.

The 65-year-old filmmaker says this eclecticism is deliberate.

"I like to do different things all the time. Each of these films opens a new door for me," explains the Kashmir-born Sarin, who won the Kodak New Century Award last month for his



Newcomer John Bell and Connie Nielsen star in *A Shine of Rainbows*, directed by Canadian filmmaker Vic Sarin.

parallel work as a cinematographer.

But there's one constant factor in Sarin's choices: the film's narrative has to appeal to him at a "human level."

Sarin felt this connection with Scottish writer Lillian Beckwith's novel *A Shine of Rainbows* — a "timeless, classical" book that remained stuck in his mind since he read it almost 20 years ago.

What attracted Sarin most was the character of Maire O'Donnell, a child-

less Irish woman who adopts a young orphan boy and gives him not only her unconditional love but also introduces him to the natural wonders of coastal Ireland.

"She's the glue (of the story)," says Sarin, adding that he saw a bit of himself in Maire's ability to focus on life's positives and find magic and colour in everything around her.

"Colours to me really mean joy, which I use a lot in this film, and joy translates to love. It's metaphorical

cally very much the foundation of this film."

Being set in Ireland, Aidan Quinn (best known for his role as Irish firebrand Harry Boland in 1996's *Michael Collins*) was an obvious pick for Maire's stoic husband Alec in the film. But Sarin wasn't so sure about Danish actress Connie Nielsen — who shot to fame as Princess Lucilla in Ridley Scott's *Gladiator* — for the pivotal role of Maire. That impression changed quickly.

"She's very much what you see on camera — very warm and caring but also very professional. She pulled off the Irish accent, and she did it all within 10 days," Sarin says.

Equally impressive was 11-year-old John Bell, who plays orphan Tomas in his first feature film.

"John is a very talented young man and I think you will see a lot of him. The moment he came in, I thought this is my boy," Sarin says.

## DVD picks

### Bad Lieutenant: Port of Call New Orleans

Directors: Werner Herzog

NICOLAS CAGE TAKES



the junkie lawman character from Abel Ferrara's 1992 original *Bad*

Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's relocating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes

him more scaly than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

The slim extras include a making-of featurette and a digital photobook of on-set photos, shot by Herzog's wife Lena.

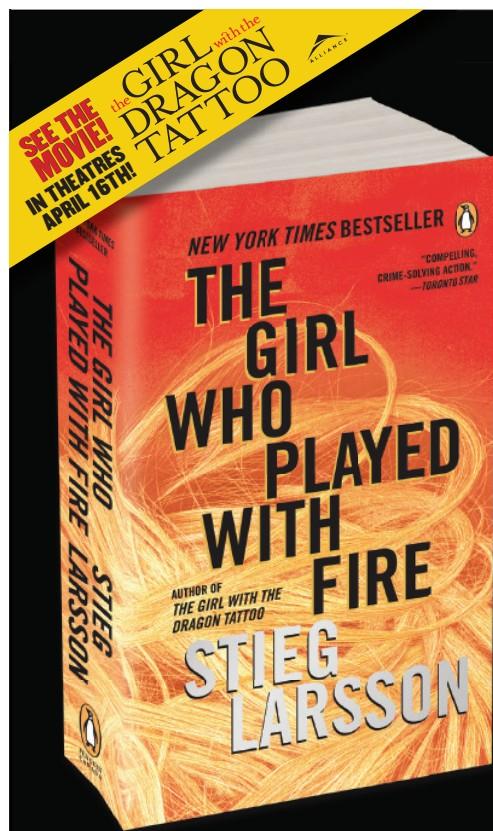
### The Lord of the Rings Trilogy (Blue-ray)

Directors: Peter Jackson

PERHAPS YOU LIVE in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

Peter Howell/for Metro Canada



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# The Wiggles rock on film for pre-schoolers

**The Wiggles** have built an empire that includes a theme park, a wildly successful TV show, CDs, DVDs, toys and a live tour that draws packed houses around the world.

Now, the Australian supergroup is aiming to conquer Canadian multiplexes with a concert film set to screen in theatres across the country this Saturday and Sunday.

The Wiggles – Big Big Show In the Round is being billed as the first-ever live concert movie for preschoolers. Group member Anthony Field says fans will be blown away by the scope of the circus-themed extravaganza.

"I can't think of anyone else that's done a movie for kids like this," he said in a recent interview from the band's offices in Sydney. "Especially on this scale. In the words of P.T. Barnum, you won't believe your eyes." Field, a.k.a. the Blue Wiggle, says the group was approached to



The Wiggles – Big Big Show In the Round, billed as the first-ever live concert movie for preschoolers, hits multiplexes this weekend.

do the big-screen concert — shot Dec. 20, 2009 at Sydney's Acer Arena — because there was so much demand for tickets to their live performances.

"This company came to us and said: 'Look, out in the country the kids can't get out to see your shows so why don't we film it and put it in on in theatres?'

"We did that and it was such a success, we used 18 cameras and got amazing shots of the shows and

beamed it out to all the country areas of Australia."

Blessed with a fanbase that naturally replenishes itself every few years, the Wiggles — rounded out by Murray Field, Jeff Fatt and Sam Moran — show no signs of slowing down.

Almost 20 years after the group formed, they do over 200 live shows each year and their TV show is seen in over 110 countries.

THE CANADIAN PRESS

## Ousted governor Blagojevich 'fired' again

**TV** Rod Blagojevich has been fired again.

The former governor, whom Illinois lawmakers ousted from office last year, has been kicked off NBC's Celebrity Apprentice.

Apprentice boss Donald Trump fired him after Blagojevich struggled as team leader in creating an interactive display.

As on a previous episode, technology posed a surprising hurdle for Blagojevich. On Sunday's show, he had trouble sending text messages and emailing.

Blagojevich explained his difficulties using cellphones and computers on WLS-AM's Don Wade and Roma Morning Show yesterday. He says his generation didn't grow up with what he calls "all that stuff." Blagojevich faces a federal indictment alleging political corruption while in office. He's denied any wrongdoing.



Rod Blagojevich

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	267	351 - ACCESS	Alberta Primetime (Live)	(8:02) V (HDTV) (N)	Dancing With the Stars	The Middle	Old Christine	Primetime			
	243	317 3 CFBN	Lost "Happily Ever After"	Law & Order: Special Victims	American Idol (HDTV) Nine finalists compete.			CTV News			
	-	- 4 OMNI King	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantoneze Edition	Two/Half Men	Two/Half Men	Metroplex			
	-	371 5 KXLY	4 News at 6	4 News at 6:30 Entertainment	The Insider (N)	Dancing With the Stars	Lost "Happily Ever After"	(11:02) V (N)			
	245	306 6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer 22 Minutes	Laughs Comedy Fest	CBC News: The National	The Hour			
	244	338 7 CTV	ET Canada	Entertainment	The Good Wife "Doubt"	NCIS "Guilty Pleasure"	NCIS: Los Angeles (N)	News Hour			
	246	- 8 CKAL	Law & Order: Special Victims	Parenthood (HDTV) (N)	The Biggest Loser A swimming challenge. (N)	EP Daily	Le Journal Nouvelles. (SC)	TJ Alberta			
	119	705 9 CBKFT	Virginia (SC)	La Facture	Beautés désespérées (SC)	Musee Eden (N) (SC)	Local Programming				
	-	- 10 SHAW (6)	Local Programming				NCIS: Los Angeles (N)	The Good Wife			
	-	372 12 KREM	News	Access H.	The Doctors (N)	NCIS "Guilty Pleasure"	Survival Deadly diseases.	The Mormons (HDTV Part 2 of 2) (DVS)			
news	-	374 14 KSPS	PBS NewsHour (N)	NOVA (N)	Malcolm-Mid. Hates Chris	CBC News: The fifth estate	CBC News: The National	fifth estate			
	502	390 15 CBC	CBC News: The National	CBC News: The fifth estate	Overruled: Mon. Montana	Wizards-Place Latest Buzz	Futurama King of the Hill	American Dad			
	-	370 16 KHQ	News (N)	Millionaire Jeopardy! (N)   Wheel Fortune	16TEAM	Wilsons	Amer. Funniest Home Videos	Reba			
	-	373 22 KAVU	The Office	Raymond Two/Half Men	Dragon (DVS)	Backyardigans Ni Hao, Kai-lan	Go, Diego, Go!				
	297	652 37 WPIX	Melrose Place (N)	PIX News at Ten Tong.	Two/Half Men Friends	Friends According-Jim	Family Guy				
	500	500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)	Friends	Friends	Friends				
	508	502 31 CNN2	The Joy Behar Show	Nancy Grace	Pass Time NASCAR Hub	Larry King Live	Cooper 360				
	400	404 21 TSN	Basketball	NHL Hockey San Jose Sharks at Calgary Flames. (HDTV) (Live)	Showbiz Tonight	The Joy Behar Show	Nancy Grace				
	408	418 27 net	MLB Baseball	Sportsnet Connected (N)	Hockey Central	Flames Week	SportsCentre  Classix	Poker			
	410	403 30SCORE	Court Surfing	NBA news, scores and highlights.			Sportsnet Connected (N)	UEFA Soccer			
sports	411	457 44 OLN	Oper. Repo	Oper. Repo	Ghost Hunters	Destination Truth	Oper. Repo	Oper. Repo			
	417	406 48 SPEED	Monster Jam (HDTV) (N)	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Race in 60 (HDTV)	Monster Jam			
	552	543 20 YTV	iCarly	To Be Indie iCarly Scorpion	Malcolm-Mid. Hates Chris	8 Simple Rules	What I Like	Family Biz			
	557	541 39 FAM	Har. Montana	Wizards-Place Sonny Chance Suite Life	Overruled: Mon. Montana	Wizards-Place Latest Buzz	Ned's				
	555	545 67 TOON	Jimmy Two	Johnny Test Johnny Test Total Drama	16TEAM Futurama	Wilson's King of the Hill	American Dad				
	575	583 11 CMT	According-Jim	Home Improve. Home Improve.	Meet-Wilsons	Backyardigans Ni Hao, Kai-lan	Go, Diego, Go!				
	553	546 17 TREE	Franklin	Babar Little Bear Toopy & Binoo	Max & Ruby Dragon (DVS)	Backyardigans Ni Hao, Kai-lan	Go, Diego, Go!				
	505	398 19 TWIN	(5) EarthWatch One	EarthWatch One	EarthWatch Two	EarthWatch Two					
	602	568 23 W	House-Sell	House-Sell Supermanny	Style by Jury Grocery Bag	Beauty Call	Style by Jury	Look Good			
	521	560 24 TLC	19 Kids-Count	Chocolate Chocolatiers	My First Home My First Home	19 Kids-Count Chocolate	19 Kids-Count Chocolate				
family	603	561 25 FOOD	Chef Abroad	Chef Abroad Chefs vs. City	Restaurant Makeover Diner, Drive-In Unwrapped	Dinner Imposs.	Dinner Imposs.				
	615	520 26 A&E	Criminal Minds (HDTV)	CSI: Miami "Fight Risk"	Runaway Squad (HDTV)	(10:01) Criminal Minds	Criminal Minds				
	617	522 32 SHOW	Trailer Park	Relic Hunter	Unthinkable (2007, Suspense) (HDTV)	Michelle Forbes.	Drip Dead Diva				
	601	562 33 SLICE	Party Mama	Wedding SOS Wedding SOS	ET Canada Whatever	Real Housewives, Orange	Housewives				
	-	633 34 ENCL2	Loneliness	(7:20) Outrageous! *** (1977, Comedy)	Cactus Flower *** (1969, Comedy)	(10:45) If Lucy Fell (1996)					
	520	505 35 DISC	Destroyed	Destroyed Swamp Loggers (N)	Daily Planet	Destroyed Destroyed	Swamp Log.				
	620	523 36 BRAVOTV	Bravonews	Arts & Minds Spectacle: Elvis	Law & Order "Terminal"	Without a Trace "Trials"	Smash-Up Styl				
	294	650 40 WPCH	Law & Order: Special Victims	Seinfeld Name Is Earl	The Fog ** (2005, Horror) Tom Welling, Maggie Grace.	Without a Trace "Trials"	Smash-Up Styl				
	626	547 41 CMT	Just for Laughs	Air Force 22 Minutes	Corner Gas Name Is Earl	The Simpsons South Park	Suspect Zero				
	-	539 42 CMT	(6) Magnificent Obsession	Camille (1936, Romance) Greta Garbo. (DVS)	Waterloo Bridge (1940, Romance) (DVS)						
cable variety	628	584 43 SPIKE	(6) UFC Fight Night (HDTV)	Deadliest Warrior (HDTV)	UFC Unleashed	DEA "Deadly Chase" (HDTV)	Deadliest				
	522	516 45 HIST	Ancients Behaving Badly	Aftermath "World Without Oil"	Cities of the Underworld	Pawn Stars (N) Pawn Stars (N)	Nostradamus				
	627	528 46 SPACE	Medium (N)	Fringe "Peter" (N)	InnerSpace (N)  Stargate SG-1	Star Trek: Next Gener.					
	-	- 47 AMC	(6) Phone Booth (2002)	Tigerland *** (2000, Drama) Colin Farrell, Clifton Collins Jr.	(10:15) The Untouchables (1987)						
	619	525 49 TROP	End of Leash	Last 10 The Celebrity Apprentice A theme park's new attraction.	Dog Whisperer	End of Leash					
	600	564 50 HGTV	Sarah's House	Genevieve House Hunters House Hunters	Holmes on Homes Sarah's House Genevieve	Outdoor Room					
	501	391 52 CTV	CTV News Tonight	CTV News CTV News	CTV News CTV News	CTV News CTV News					
	504	508 70 BNN	Squeeze Play	Business News Commodities	Market Call Tonight Headline Commodities	Squeeze Play					
	526	507 92 VIVA	Medium "Dead Aim"	Cold Case Psychiatric Inv.	Ghosts Enc. Judging Amy	Missing					
	269	350 93 APTN	Fish Out of Water	Mixed Blessing Cashing In (N)	Rabbit Fall Blackfly Moose TV	Rez Rides MTV	Moccasin Flats				
	-	- 94 MCP	World News	My Queen Immortal Yi, So II Caffe	In Germany Euromaxx Schauplatz						
	571	581 100 MM	mmtop10.ca	Hammertime Gimme Sugar G. Simmons Wild 'n Out Hammertime Gimme Sugar G. Simmons	UR11 Gossip Girl (HDTV)	Love Court					
	570	580 101 MM	disBAND	Muchmusic Countdown							
	581	566 102 MTV	16 and Pregnant	16 and Pregnant "Leah" (N)	MTV Live My Life as Liz Taking, Stage	16-Pregnant					
	-	- 116 TV5	Les Invincibles (SC)	ADN: Accel. Nouva TV5 Le Journal La Grande Librairie Inde-parfums							

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## critics'corner

### Parenthood

Kristina's constant worrying takes a toll on her love life with Adam. Max starts working with a young behavioral aide. Sarah debates whether she should go out with Amber's teacher (guest star Jason Ritter). Crosby tries to get the courage to tell his parents about Jabbar. Erika Christensen also stars in the new episode "The Big O." 8 PM on CKAL; 11 PM on KHQ



### The Good Wife

Will and Alicia deal with their growing sexual tension while defending a student accused of killing her sorority sister while under the influence of a sleep aid. Kurt and Diane continue to flirt in the new episode "Doubt." David Pomeranz guest stars; Archie Panjabi and Matt Czuchy also star. 8 PM on CICT; 11 PM on KREM

### NCIS

Gibbs and his team turn to Washington, D.C., madam Holly Snow (Dina Meyer, reprising her recurring guest role) for help when a Navy officer's death is connected to a prostitute. Adam Kaufman, Jason London and Taylor Cole guest star in the new episode "Guilty Pleasure"; Michael Weatherly, David McCallum and Pauley Perrette also star. 9 PM on CICT KREM



**Alcohol + Pregnancy = Bravo series**  
Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). METRO NEWS SERVICES

## Celebrity Buzz

# Bullock preps divorce docs

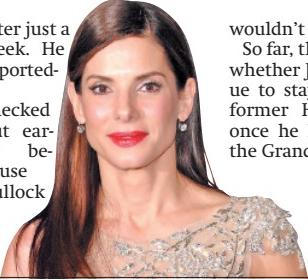
**MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE**  
Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or

if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into

after just a week. He reportedly checked out early because Bullock

wouldn't take his calls.

So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.



METRO  
WORLD  
NEWS

## Trump stalker posts bail, has new 'strategy'

**YEAH, THIS ISN'T GOING TO BE A VERY LONG RELEASE** A 27-year-old man accused of stalking Ivanka Trump was released on bail Friday, the New York Post reports. Justin Massler was arrested in Nevada on suspicion that he used the Internet to stalk the Celebrity Ap-

prentice star, adds popeater.com.

Massler, who has been diagnosed with schizophrenia, was charged with stalking and harassment Thursday and freed on \$10,000 US bail. Jail hasn't dampened Massler's enthusiasm for Donald

Trump's daughter — the accused said Sunday night that he has a new



plan to woo her.

"I've got a stalking charge, so that means I can't contact her. I won't, like, try to ever visit her directly," Massler told the New York Daily News. However, he says he still plans on "trying to win her over." METRO NEWS SERVICES

## Spelling denies rumours of marital strife

**SOMEWHERE IN CANADA, MARY JO EUSTACE IS WATERING HER SCHADENFREUDE PLANT** Tori Spelling is downplaying rumors of marital strife with Dean McDermott after leaked footage from the new season of Tori & Dean showed the couple in a major fight, people.com reports.

"We're not headed for divorce," Spelling, 36, said

yesterday on NBC's Today show. "We're committed to each other, we're committed to this family. But you know, we work on things just like everyone else."

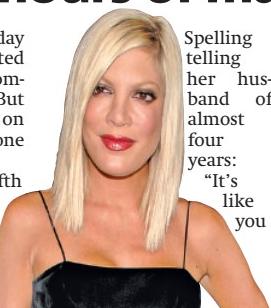
Footage from the fifth season of Tori & Dean: Home Sweet Hollywood, which premiered last night on Oxygen, showed

Spelling telling her husband of almost four years: "It's like you

got more and more unhappy and angry. I just want the old Dean back. I really do. I miss you so much."

But Spelling says not to worry — that she and McDermott, 43, are just like any other married couple. Well, minus the whole exploiting your relationship on reality TV thing.

METRO NEWS SERVICES



## McCartney's meat-free tour

**HAPPINESS IS A COLD SALAD** Paul McCartney has banned meat from his latest tour — he's serving vegetarian meals to all his crewmembers, femalefirst.co.uk reports.

The Beatles star is taking his Up and Coming Tour through the U.S., South America and Europe, and the staunch animal

rights activist is making sure all his employees give up meat for the duration of the trek.

A spokesman for the veteran rocker tells Britain's Sunday Express newspaper, "We will serve some 480 vegetarian meals a day to keep the crew going." METRO NEWS SERVICES



## Lady Gaga can't sleep anymore

**WELL, IF HER DREAMS ARE ANYTHING LIKE HER VIDEOS I CAN'T SAY I BLAME HER**

Lady Gaga says her success over the last two years has made her an insomniac.

"My passion is so strong I can't sleep. I haven't slept for three days," she says, according to Exposay. "I lie in bed and try to pray

and breathe. I have a very overactive mind. I'm the sort of person who'd never take medication to calm myself. It's maddening. But I love what comes out."

And she admits she's not worried about things getting worse. "I'm already crazy," she says.

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## CelebTweets

**DEEPAK CHOPRA** thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

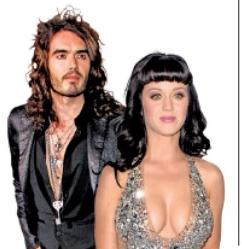
**@DeepakChopra** Was meditating on Shiva mantra & earth began to shake. Sorry about that

**@ConanOBrien** Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

**@JesseMcCartney** Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

**@diabolocody** Watching The Sound of Music. The Baroness is the most reasonable person in this movie

METRO NEWS SERVICES



## Celebs tweet about quake

**IT CLEARLY WASN'T POWERFUL ENOUGH TO DISMANTLE THEIR IPHONES**

A 7.2 earthquake hit Baja California on Sunday afternoon — about 240 miles southeast of Los Angeles — and the news was felt across Twitter, accesshollywood.com reported.

Paris Hilton Tweeted her fear of the quake, which was felt in LA, San Diego — and even Las Vegas. A second, smaller quake also hit San Francisco on Sunday.

"OMG! So scary, just felt an Earth Quake! Anyone else feel it? I hope there isn't anymore," Paris Tweeted.

In Vegas, Danny Masterson Tweeted that he also felt the earth shake. "56th floor in vegas was swaying! Earthquake in mexico," he Tweeted.

Meanwhile, other stars enjoyed the shake-up. "that was a good Earthquake," Ashton Kutcher Tweeted.

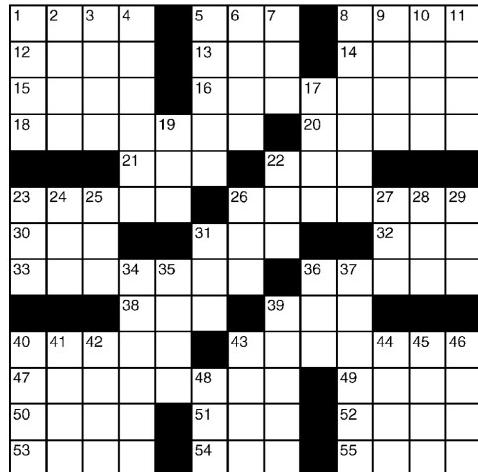


METRO NEWS SERVICES

**Andrew Schultz, Meteorologist – Breakfast Television**

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

**ACROSS**

- 1 One of the deadly sins
- 5 — Khan
- 8 Item on stage
- 12 Chills and fever
- 13 Roadside weapon (Abbr.)
- 14 "—but known, ..."
- 15 Entreaty
- 16 Chaotic place
- 18 Attack dog, often
- 20 Beginning
- 21 Exist
- 22 Comedian Margaret
- 23 Pretend
- 26 Pitcher's warm-up area
- 30 Possess
- 31 Opposite of 29-Down
- 32 Historic time
- 33 Mark Twain, famously
- 36 Dazzlingly bright
- 38 Whatever number
- 40 41 42
- 43
- 44
- 45
- 46
- 47
- 48
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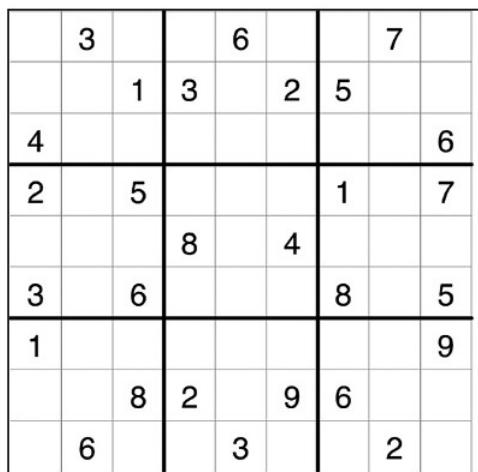
- DOWN**

- 39 Coloration
- 40 Anticipate
- 43 It usually says "HELLO"
- 47 Slogans
- 49 Undulating
- 50 Shrek is one
- 51 Chow down
- 52 Computer brand
- 53 Anthropologist Margaret
- 54 Raw rock
- 55 Days gone by
- reunifier Helmut
- 19 Vase's cousin
- 22 Poolroom stick
- 23 Dandy
- 24 Ram's mate
- 25 Hostel
- 26 "See ya"
- 27 Shell game need
- 28 Mess up
- 29 Opposite of 31-Across
- 31 Actress Adams
- 34 Caught in the act
- 35 Oppositionist
- 36 Wrigley product
- 37 Elbow room
- 39 Waste maker
- 40 Teensy bit
- 41 Carry on
- 42 Taj Mahal city
- 43 Approach
- 44 Mexican entree
- 45 State with conviction
- 46 "Did — and gimble ..."
- 48 Ultramodernist (Pref.)

**Sudoku**

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

F	A	C	T	P	D	A	P	A	L	L	9	5	2	1	3	6	4	7	8
I	S	L	E	O	A	F	O	L	I	O	3	6	7	8	9	4	2	5	1
Z	E	E	S	P	H	A	N	T	O	M	8	4	1	2	5	7	9	3	6
Z	A	F	T	I	G	R	I	P	E	N	9	7	9	3	2	8	6	1	4
E	R	R	S	X	I	V	Y	Y	Y	Y	5	7	9	3	2	8	6	1	4
P	H	A	R	A	O	H	S	E	E	L	6	1	3	7	4	9	8	2	5
A	B	S	Q	U	A	N	T	R	A	P	2	8	4	6	1	5	7	9	3
M	O	S	S	P	H	A	M	A	C	Y	1	3	6	4	7	2	5	8	9
O	H	M	S	P	A	Y	P	Y	R	I	7	9	8	5	6	1	3	4	2
H	A	R	I	S	E	E	T	R	O	D	4	2	5	9	8	3	1	6	7
M	S	T	O	R	L	I	N	G											
S	O	T	S	A	S	S	E	S	S	E									

**On the web**

For more games and 60 additional daily cartoon strips, visit metronews.ca

**Horoscopes by Sally Brompton** [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES****MARCH 21-APRIL 20**

If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.

**TAURUS****APRIL 21-MAY 21**

Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk.

**LIBRA****SEPT 23-OCT 23**

It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.

**SCORPIO****OCT 24-NOV 22**

It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.

**GEMINI****MAY 22-JUNE 21**

Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.

**SAGITTARIUS****NOV 23-DEC 21**

Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.

**CANCER****JUNE 22-JULY 22**

Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.

**CAPRICORN****DEC 22-JAN 20**

You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.

**LEO****JULY 23-AUG 23**

Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.

**AQUARIUS****JAN 21-FEB 18**

Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.

**VIRGO****AUG 24-SEPT 22**

The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself.

**PISCES****FEB 19-MARCH 20**

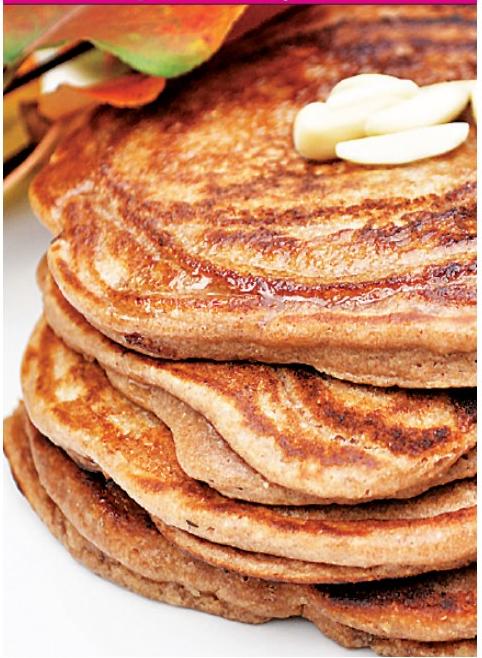
This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.

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**entertainment 23****Take Five****Metro Recipe of the Day**

flour, eggs, milk, canola oil, baking powder and sugar until there are no clumps.

2. Mix in ricotta cheese and hazelnut spread.
3. Stir in almonds, if using.
4. Heat a skillet and coat with non-stick cooking spray.
5. Drop about 50 ml (1/4 cup) of the batter onto the middle of the skillet.
6. When the pancake starts to look firm and bubbles a bit on the top, use a spatula to flip it. Cook until the other side is browned.

**SERVES 8**

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